Heart Journey Thread

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N° of pax 2-20

indoors | outdoors

30-60 mins

art expression | thinking

PURPOSE

DAILY SELF-REFLECTION

- generates resources from an experience
- awareness of the group resources
- support positive harvesting of a group experience

MATERIALS

- red ball of wool
- scissorss
- set of blank postcard sized cards
- coloured crayons
- nature objects for the creation of hanging mobile structures.

PREPARATION

This activity is designed to begin on the first day of a workshop that lasts longer than 2 days

INTRO

This is a self-reflective exercise, developing the skills to look deeply into an experience and find learnings, challenges and resources, as an exploration of what could be a resource for a particular challenge.

STEPS

1. The facilitator gives to each participant a set of plain, small cards , one for each day of an experience. At the end of each day they are invited to have self-reflection time to journal on the topics of the day: been: a challenge; a new learning and a resource. After that, they write one word for each topic on the card for that day, that should be dated. Besides the words if they wish they can add images and colours. At the end of the experience, they will have a set of cards with one card for each day.

2. On the last day of the workshop, as part of a group closing activity the facilitator using a ball of red wool or string, hangs a long line that is the length of the studio or out in nature or between trees at a level that the participants can easily reach, that is called the Heart Journey Thread.

3. (30 min)Then each participant has to create a hanging mobile structure that creatively displays all their cards, using nature objects, string and paper clips. During this process participants can self-reflect on the words they have harvested and perhaps echo the topics through the mobile sculptures they create.



4. Once complete, the participants hang their mobile sculpture on the long Heart Journey Thread. Sculptures that are too heavy to hang can be placed on the ground but still have a thread connecting them to the Heart Journey Thread.

5. Then, as a group, take time to observe, walk through and read the Heart Thread mobile sculptures. Finally the facilitator guides a closing circle with each person sharing one word, phrase or feeling they are left with.

REFLECTION

- How did you feel during the different parts of the day?
- What learnings, challenges and resources you collected today?
- How do you think this activity can build resilience?

COMMENTS

• The facilitator should remind participants to self-reflect at the end of each day to generate their Learnings, Challenges and Resources. • Variation: This self-reflection can also be combined with either a large group or small group harvesting of each day. • This activity can be connected to the **Path of Heart** activity as well as to the **Labyrinth activity.**